WOUNDS

1. **Mix turmeric powder with some cream or salve and apply to the area. Good for any time of wound, promoting fast healing.**
2. **Best herbs: comfrey, all-heal, chickweed, goldenseal, mullein. Comfrey is probably the most**
   effective because of it promotes cell proliferation.
3. **Burns:**
   Stop the burning process by applying cool water, then immediately dowse with pure
   lavender essential oil. It will help reduce scarring and help tissue regeneration. No need to dilute, just put on 'neat'.
4. **Garlic placed on the lip of unclean wounds will cleanse them in 4-5 days; grated garlic placed near the most virulent bacteria should kill them in 5 minutes. We have witnessed garlic cloves placed in holes left by cancer in the forehead of a man - over a period of months they completely healed up.**
5. **Use red raspberry leaves as an infusion (tea) to wash for ulcers and wounds.**
6. **Wounds, bruises, burns, varicose veins, ulcers, boils: Paint part with pure olive oil to prevent sticking, then saturate a thick layer of cotton with comfrey mucilage and apply to the affected parts. Cover with plastic or waxed paper, bandage, and leave on until nearly dry. Make a fresh application by following the same process. If pus is present, pain the part with oil of garlic instead of olive oil and take 1 tsp of oil internally. This will prevent or stop putrefaction and pus formation, which will hasten the healing process. Give fomentations wrung out of a strong decoction.**
7. **HONEY: Honey has been used to treat wounds for hundreds of years. It helps the wound heal fast.**
8. **Ruptures, burns, bruises, sores, ulcers, white swellings, fresh wounds, sore breasts, fractures, sprains: Apply a comfrey poultice of the fresh, bruised leaves. It relieves pain in an hour.**
9. **Burn Paste (burns, sprains, wounds):**
   3 parts Comfrey leaves and flowers, fresh
   1 part Lobelia, powder
   Make a base of equal parts of honey and wheat germ oil
   Mix base in a blender gradually adding first the comfrey, the lobelia until paste consistency.
   Cover and keep cool. The paste may be preserved by adding a little glycerine but better results are obtained when freshly-made. Apply the burn paste externally on the affected area. Internally drink a tea of comfrey or pineapple and comfrey.
10. **Wounds, Scalds, burns, boils, inflamed or sore eyes, ulcerations, mouth or throat:**
11. **Use chickweed decoction warm as a wash and apply the chickweed ointment.**
12. **Make a liniment for wounds, bruises, burns, pyorrhea etc:**
    1 oz cayenne powder
    1 oz golden seal
    2 oz myrrh gum
    Place into 1 quart of rubbing alcohol or apple cider vinegar; macerate (shake well) 3 times daily for 10 days. Strain and store in colored bottle. Apply freely on area

when needed.